



# POLAR BEAR PLUNGE

Hosted by SSC

## 2026 MR SSC Polar Bear Plunge

Friday - January 30, 2026 - Sunday - February 1, 2026

Sachem High School East

Farmingville, NY 11738

Sanction # 260104 &

Time Trial Sanction # 260152-TT

Invited Teams: **All Metro Teams**

**All other teams please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) to inquire.**



# 2026 MR SSC Polar Bear Plunge

January 30 - February 1, 2026

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#260104 TT# 260152-TT**
- LOCATION:** Sachem East High School 177 Granny Rd, Farmingville, NY 11738
- FACILITY:** **6 Lane, 25-yard Pool with a CTS6 or Daktronics Timing System with 6 lane Scoreboard Kiefer Evolution Starting Blocks, Competitor Lane Lines**  
The pool **HAS NOT** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 Friday PM 4:00PM-5:00PM Warm-up 5:05 PM Start Time - OPEN  
Session 2 Saturday AM 7:00AM-8:00AM Warm-up 8:05 AM Start Time 10 & Under/13-14  
Session 3 Saturday Mid 11:30AM-12:00PM Warm-up 12:05 PM Start Time 500s/400IM (4 Heat Max)  
Session 4 Saturday PM 1:30PM-2:30PM Warm-up 2:35PM Start Time 11-12/15+  
Session 5 Sunday AM 7:00AM-8:00AM Warm-up 8:05 AM Start Time 10 & Under/13-14  
Session 6 Sunday PM 1:30PM-2:30PM Warm-up 2:35PM Start Time 11-12/15+  
***Time Trials May Be Available at the Discretion of the Meet Referee at \$10 each.***
- FORMAT:** Timed Finals, seeded slow to fast.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet.  
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
No "Deck Registrations" will be accepted  
Age on **January 30, 2026** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.  
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Limit 4 events per session, except Session 3, only 1 event.**  
**NTs are discouraged. Host Team may enter NTs.**  
U.S. Mail Entries/Payment to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779**  
Email Entries/Confirm Entry Receipt: [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com)  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.  
***SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!***  
***Please waive signature on Express Mail Entries.***
- DEADLINE:** **Entries must be received by: January 23, 2026**  
An email confirming receipt of entries if you provide an email contact. Please contact [ssc.meetentries@gmail.com](mailto:ssc.meetentries@gmail.com) if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$10.00** per individual event must accompany the entries.  
An entry fee of **\$15.00** per 500 FR/400IM must accompany the entries.  
A Facility Fee of **\$30.00** per swimmer must accompany the entries. Admission is FREE.  
Make check payable to: **Sachem Swim Club of LI, P.O. Box 191 Ronkonkoma, NY 11779** Payment must be received by **January 31, 2025** for email entries. Payment must be included with all mail entries.  
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Warm-up Lanes will be assigned. Assignment sheet will be at the administrative table.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>COACHES:</b>        | In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>AWARDS:</b>         | Medals 1 <sup>st</sup> - 3 <sup>rd</sup> , Ribbons 4 <sup>th</sup> - 6 <sup>th</sup> for all age groups.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>OFFICIALS:</b>      | <p><b>Meet Referee(s):</b> <a href="mailto:ssc.allenwone@gmail.com">Allen Wone - ssc.allenwone@gmail.com</a><br/> <a href="mailto:dwone@optonline.net">Dana Wone - dwone@optonline.net</a></p> <p>Officials wishing to volunteer should contact Meet Referee by <b>January 21, 2026</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>ADMIN OFFICIAL:</b> | <b>Rob Wood</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>MEET DIRECTOR:</b>  | <b>Brian Pfisterer– Please use <a href="mailto:ssc.meetentries@gmail.com">ssc.meetentries@gmail.com</a> for all meet correspondence.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>RULES:</b>          | <p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</p> <p><b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b></p> <p>The overhead start procedure may be used at the discretion of the meet Referee.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>SAFETY:</b>         | <p><b>All swimmers must wear footwear upon leaving the pool area.</b></p> <p>Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. <b>“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member- coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>MAAPP POLICY:</b>   | All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is condition of participation in the conduct of this competitions.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>MEDICAL:</b>        | Certified Lifeguards and an AED device are available to athletes participating in the meet. Farmingville/ Suffolk Fire/Rescue is available via 911.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>WATER DEPTH:</b>    | <p>USA 2011 - 2023.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." Diving end water depth – 12 feet at 1 meter, 8 feet at 5 meters</p> <p>Shallow end water depth – 4 feet at 1 meter, 10 feet at 5 meters</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>DISCLAIMER:</b>     | <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, Or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS <b>Sachem Swim Club of Long Island, Sachem Central School District, Metropolitan Swimming Inc., USA Swimming Inc.,</b> AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p> <p>Upon acceptance of his/her entries, the participant waives all claims against <b>Sachem Swim Club of LI, Sachem Central School District, Metropolitan Swimming Inc., USA Swimming Inc.,</b> their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."</p> |

- AUDIO/VISUAL:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. SSC policy prohibits the use of these devices behind the starting blocks.
- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- DECK CHANGING:** Deck changes are prohibited.
- ADMISSIONS:** **FREE**
- MERCHANTS:** Vendors may be available on site for the purchase of suits, bags, towels, goggles and apparel. Snacks and beverages may be available.
- PARKING:** **Free Parking in School Parking Lots. Please park only in marked spaces. Do not park in the loading dock or other marked areas. You are subject to be towed at your expense.**
- DIRECTIONS:** **Sachem East** - Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny Road and Sachem East is on the left about ½ mile down the road. The school is set back way off the road. It is your second left after passing the elementary school at the traffic light.
- GPS use 177 Granny Road, Farmingville, NY 11738**

**Session 1 Friday All Ages**  
**4:00PM-5:00PM Warm Up - 5:05PM Start**  
**Session must end by 9pm**

|  | <b>Event</b>                     | <b>Event #</b> |
|--|----------------------------------|----------------|
|  | Mixed 11 & Over 200 IM           | 101            |
|  | Mixed 9-10 100 IM                | 102            |
|  | Mixed 11 & Over 200 Freestyle    | 103            |
|  | Mixed 9-10 200 Freestyle         | 104            |
|  | Mixed 11-12 100 IM               | 105            |
|  | Mixed 11 & Over 200 Butterfly    | 106            |
|  | Mixed 11 & Over 200 Breaststroke | 107            |
|  | Mixed 11 & Over 200 Backstroke   | 108            |

**Session 2**  
**Saturday 10 & Under/13-14**  
**7:00AM-8:00AM Warm Up - 8:05AM Start**  
**3 Hour Session**

| <b>Girls#</b> | <b>Event</b>               | <b>Boys #</b> |
|---------------|----------------------------|---------------|
| 201           | 10 & Under 50 Freestyle    | 202           |
| 203           | 13-14 50 Freestyle         | 204           |
| 205           | 10 & Under 50 Breaststroke | 206           |
| 207           | 13-14 100 Breaststroke     | 208           |
| 209           | 10 & Under 100 Backstroke  | 210           |
| 211           | 13-14 100 Backstroke       | 212           |
| 213           | 10 & Under 50 Butterfly    | 214           |
| 215           | 13-14 100 Butterfly        | 216           |

**Session 3**  
**Saturday OPEN**  
**11:30AM-12:00PM Warm Up - 12:05PM Start**  
**2 Heat Max 500FR, 2 Heat Max 400IM**

|  | <b>Event</b>          | <b>Event #</b> |
|--|-----------------------|----------------|
|  | Mixed 13 & Over 400IM | 301            |
|  | Mixed 500 Freestyle   | 302            |

**Session 4**  
**Saturday 11-12/15 & Over**  
**1:30PM-2:30PM Warm Up - 2:30PM Start**  
**3.5 Hour Session**

| <b>Girls#</b> | <b>Event</b>               | <b>Boys #</b> |
|---------------|----------------------------|---------------|
| 401           | 15 & Over 50 Freestyle     | 402           |
| 403           | 11-12 50 Freestyle         | 404           |
| 405           | 15 & Over 100 Breaststroke | 406           |
| 407           | 11-12 100 Breaststroke     | 408           |
| 409           | 15 & Over 100 Backstroke   | 410           |
| 411           | 11-12 50 Backstroke        | 412           |
| 413           | 15 & Over 50 Butterfly     | 414           |
| 415           | 11-12 100 Butterfly        | 416           |

**Session 5**  
**Sunday 10 & Under/13-14**  
**7:00AM-8:00AM Warm Up - 8:05AM Start**

| <b>Girls#</b> | <b>Event</b>                | <b>Boys #</b> |
|---------------|-----------------------------|---------------|
| 501           | 10 & Under 100 Breaststroke | 502           |
| 503           | 13-14 50 Breaststroke       | 504           |
| 505           | 10 & Under 50 Backstroke    | 506           |
| 507           | 13-14 50 Backstroke         | 508           |
| 509           | 10 & Under 100 Butterfly    | 510           |
| 511           | 13-14 100 Butterfly         | 512           |
| 513           | 10 & Under 100 Freestyle    | 514           |
| 515           | 13-14 100 Freestyle         | 516           |

**Session 6**  
**Sunday 11-12/15 & Over**  
**1:00PM-2:00PM Warm Up - 2:05PM Start**

| <b>Girls#</b> | <b>Event</b>              | <b>Boys #</b> |
|---------------|---------------------------|---------------|
| 601           | 15 & Over 50 Breaststroke | 602           |
| 603           | 11-12 50 Breaststroke     | 604           |
| 605           | 15 & Over 50 Backstroke   | 606           |
| 607           | 11-12 100 Backstroke      | 608           |
| 609           | 15 & Over 100 Butterfly   | 610           |
| 611           | 11-12 50 Butterfly        | 612           |
| 613           | 15 & Over 100 Freestyle   | 614           |
| 615           | 11-12 100 Freestyle       | 616           |



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name\_\_\_\_\_

Phone Number\_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID\_\_\_\_\_#\_\_\_\_\_

Taking photos of\_\_\_\_\_

On behalf of\_\_\_\_\_

Purpose\_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature\_\_\_\_\_Today's Date\_\_\_\_\_

Meet\_\_\_\_\_Location\_\_\_\_\_

Date(s) of meet\_\_\_\_\_